



Bake-from-the-freezer pizzas

READY IN



105 min.

SERVINGS



6

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 g uncook pizza crust
- ☐ 6 tbsp pasta sauce
- ☐ 1 small bunch basil shredded
- ☐ 18 cherry tomatoes halved
- ☐ 250 g mozzarella cheese crispy dry with kitchen paper, to keep the base) well
- ☐ 25 g parmesan grated (or vegetarian alternative)

Equipment

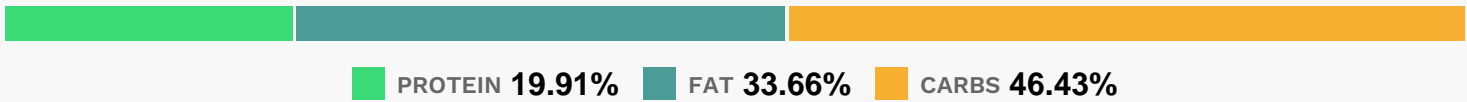
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ kitchen towels

Directions

- ☐ Make up the bread dough following pack instructions, and transfer to an oiled bowl to rise for about 1 hr.
- ☐ Knock back in the bowl by squashing all the air out of the dough with your fist. Divide the dough into 6 and roll each one on a lightly floured surface to a circle about 18cm in diameter. Put dough youre not using under a damp tea towel or oiled cling film to stop it drying out.
- ☐ Put the pizza bases on large oiled baking sheets you may need 2 or
- ☐ Spread 1 tbsp sauce or passata on each base, then scatter on the basil, tomatoes, mozzarella and Parmesan (or whatever you fancy). You can freeze the pizzas now, if you like, on the baking sheet, wrapped in cling film. Or if eating straight away, heat oven to 240C/220C fan/gas
- ☐ Cook for 8–12 mins, until crisp and golden. To cook from frozen, remove the cling film and heat oven to 220C/200C fan/gas
- ☐ Bake for 10–14 mins until crisp and golden.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:0.55, Inflammation Score:-5, Nutrition Score:8.7152173985606%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 381.69kcal (19.08%), Fat: 14.28g (21.97%), Saturated Fat: 8.07g (50.44%), Carbohydrates: 44.32g (14.77%), Net Carbohydrates: 42.46g (15.44%), Sugar: 3.53g (3.92%), Cholesterol: 35.75mg (11.92%), Sodium: 846.68mg (36.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.01g (38.02%), Calcium: 345.57mg (34.56%),

Phosphorus: 195.49mg (19.55%), Iron: 3.02mg (16.76%), Vitamin B12: 1µg (16.67%), Vitamin C: 12.92mg (15.66%), Vitamin A: 698.88IU (13.98%), Selenium: 8.37µg (11.96%), Zinc: 1.45mg (9.64%), Vitamin B2: 0.15mg (9.04%), Vitamin K: 8.41µg (8.01%), Fiber: 1.86g (7.45%), Potassium: 195.16mg (5.58%), Manganese: 0.1mg (4.91%), Magnesium: 17.86mg (4.47%), Vitamin E: 0.6mg (4%), Vitamin B6: 0.08mg (3.81%), Copper: 0.07mg (3.33%), Folate: 12.1µg (3.02%), Vitamin B1: 0.04mg (2.44%), Vitamin B3: 0.49mg (2.43%), Vitamin B5: 0.19mg (1.93%), Vitamin D: 0.19µg (1.25%)